

## BRAIN-BASED LEARNING REMINDERS

Basics: students learn best when the brain has plenty of water and oxygen. We think better on our feet because more blood and oxygen go to our brains when we're standing and moving.

Music of 60 beats per minute with no lyrics or recognizable tune will help calm a person's body thereby boosting concentration.

Metaphors, personal stories and humor boost understanding and make learning fun.

The use of color can boost memory retention by 25%.

Utilize learning "windows". For example, optimal vocabulary development occurs from 9 months to 4 years of age.

Observe 20 minute maximums for prime teaching times.

Assessment must be ongoing and an integral part of the learning process. It can be synonymous with the application of knowledge in many circumstances.

Allow students choice of topics and project styles.

Use of KWL-U brainstorming to draw on previous knowledge to make links to new information.

Great educational leaders set high standards for all people involved in the school while continuously striving for improvement.